

K Sri Dhammananda Lecture Series 2015
Theme: Living in the Dhamma



***Meditation To Tame
Our Emotions:
The Practice and Science
behind it.***



**PH Hendry Hall
Friday 8:15 pm
2nd October 2015**

*Panel Discussion With
Bro. Upul Gamage and Bro. Billy Tan*



BUDDHIST MAHA VIHARA
No 123, Jalan Berhala, Brickfields, Kuala Lumpur

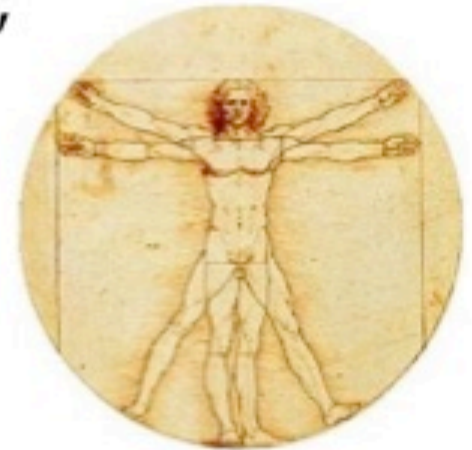


MENTAL EXPERIENCE



THREE PARTS OF MENTAL EXPERIENCE:

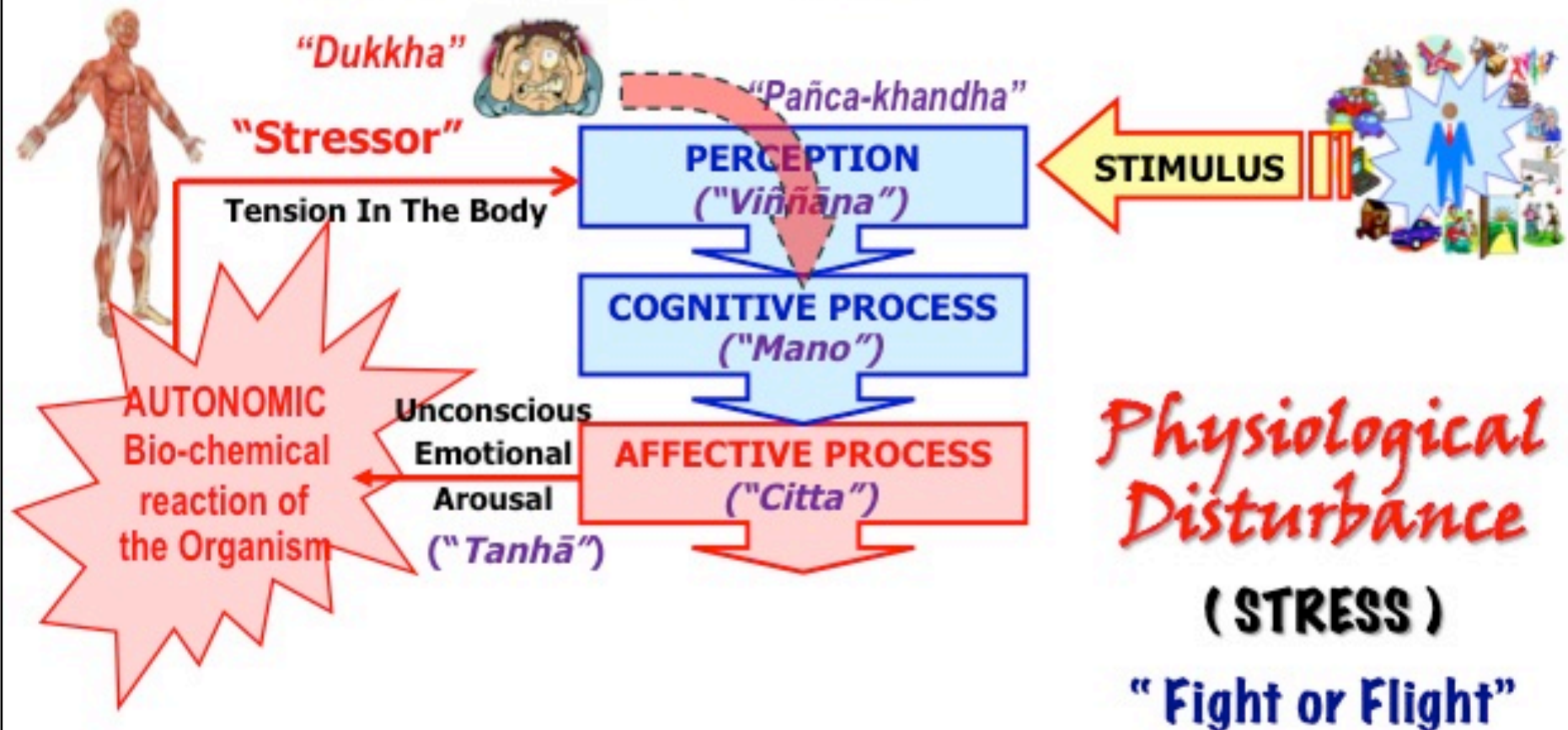
- **Viññāna** : Process of Perception ("perception")
 - what is perceived through the sense organs;
- **Mano** : Cognitive Process ("intellect")
 - categorized interpretation of perception giving meaning to what was perceived;
- **Citta** : Affective Process ("emotion")
 - pleasant & unpleasant feelings arouse emotional excitement and reaction.





PROCESS OF EXPERIENCE

❖ Experience is a Chain-Reaction:





PROCESS OF EXPERIENCE



❖ Experience is a Chain-Reaction:



STRESS
"Dukkha"

PERCEPTION
("Viññāna")

DISTRESS
"Domanāsa"

COGNITIVE PROCESS
("Mano")

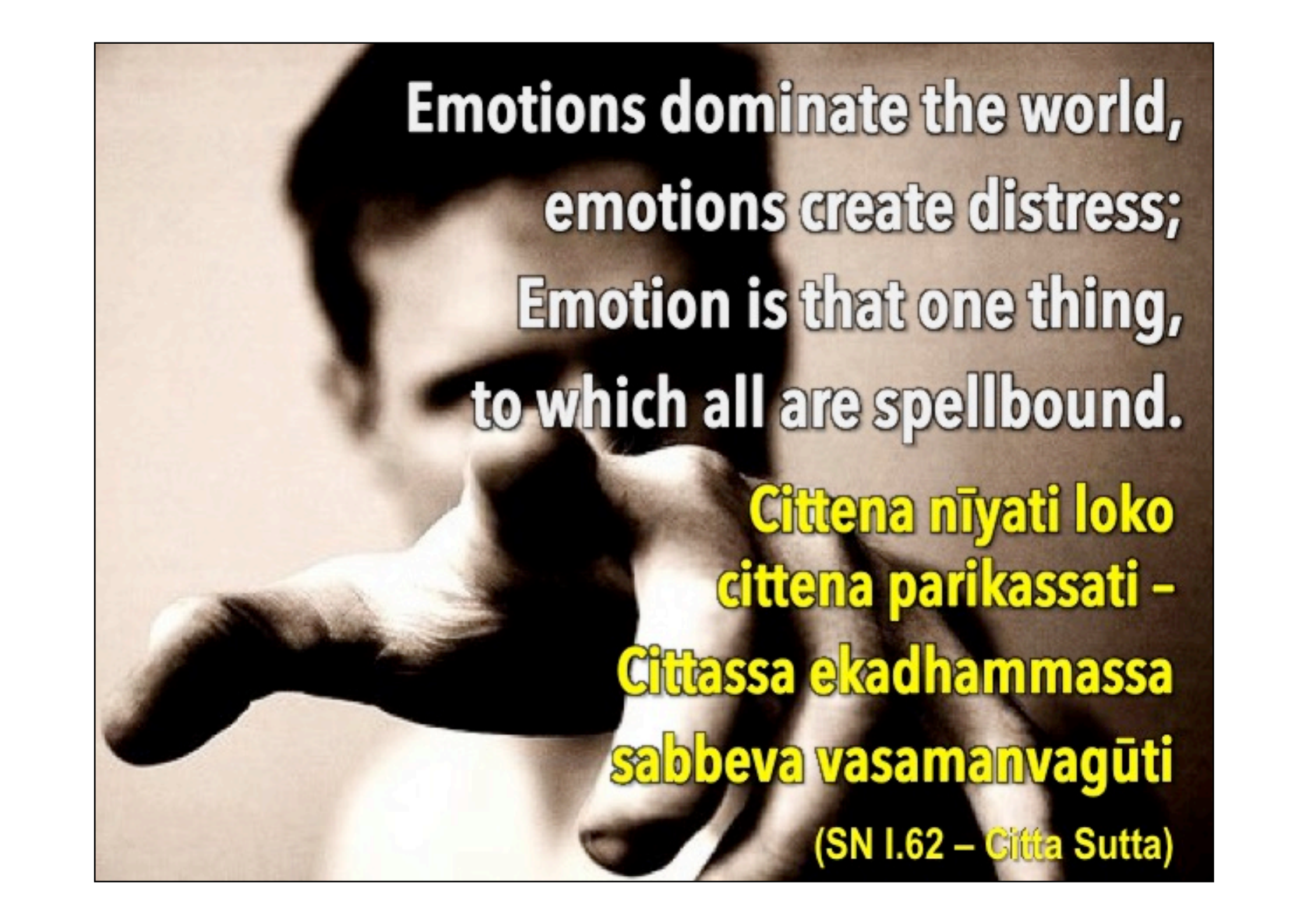
AFFECTIVE PROCESS
("Citta")

MEMORY,
IMAGINATION &
EXPECTATION
(Lobha, Dosa, Moha)



"Tug-of-War"
Feeling vs Thinking

Emotional Excitement
(Mental Proliferation)



**Emotions dominate the world,
emotions create distress;
Emotion is that one thing,
to which all are spellbound.**

**Cittena nīyati loko
cittena parikassati –
Cittassa ekadhammassa
sabbeva vasamanvagūti**

(SN I.62 – Citta Sutta)

आहार-नदिरा-भय-मैथुनं च समानमेतत्पशुभरिनराणाम् ।
धर्मो ह तेषामधकितो वशिषो धर्मेण हीनाः पशुभिः समानाः ॥

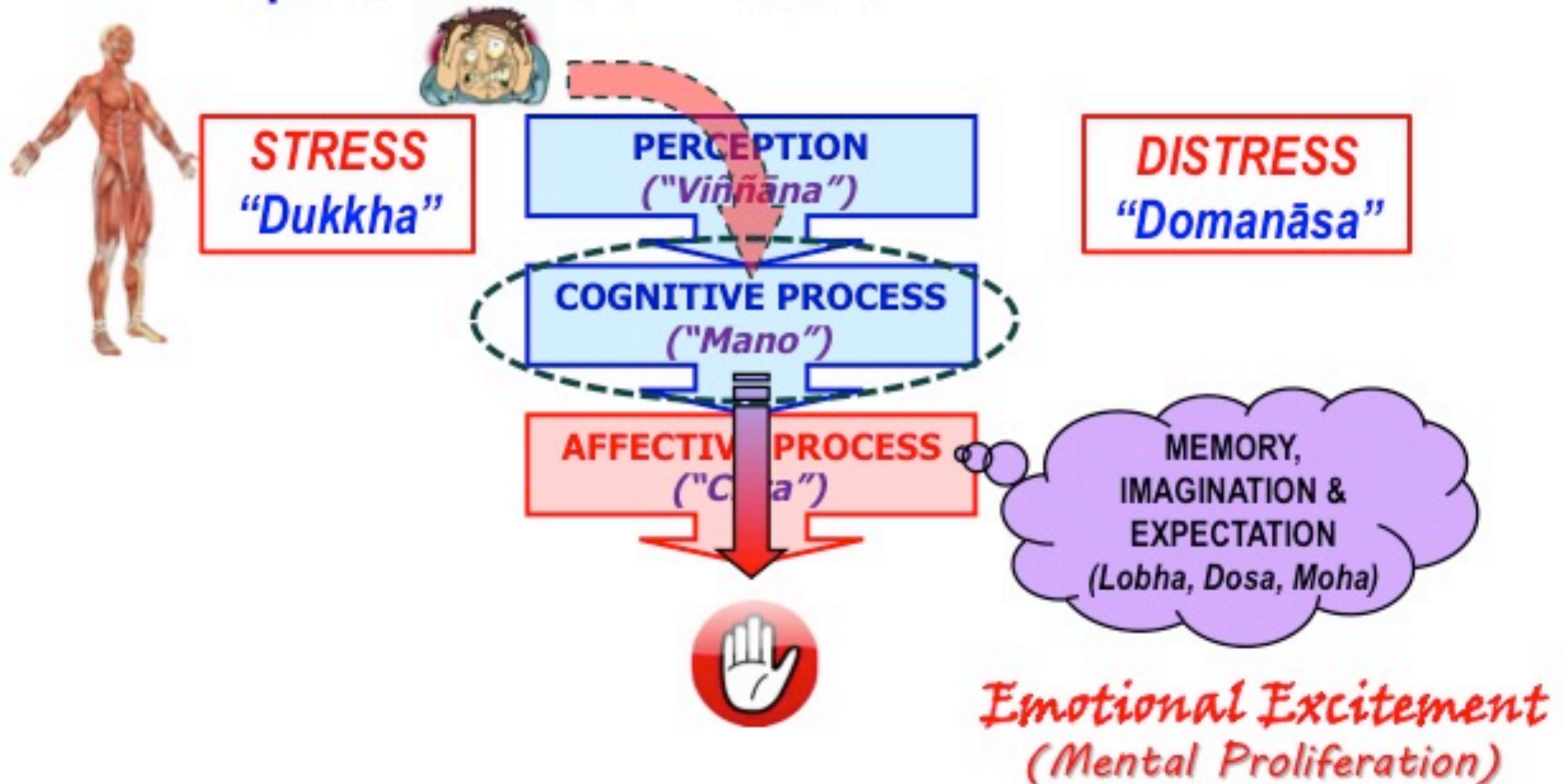
*Taking food, sleeping, avoiding dangers,
sexual activities, these acts are common
between animals and humans;*

*Ability to think, is what makes humans different,
without thinking humans are just like animals.*



PROCESS OF EXPERIENCE

❖ Experience is a Chain-Reaction:

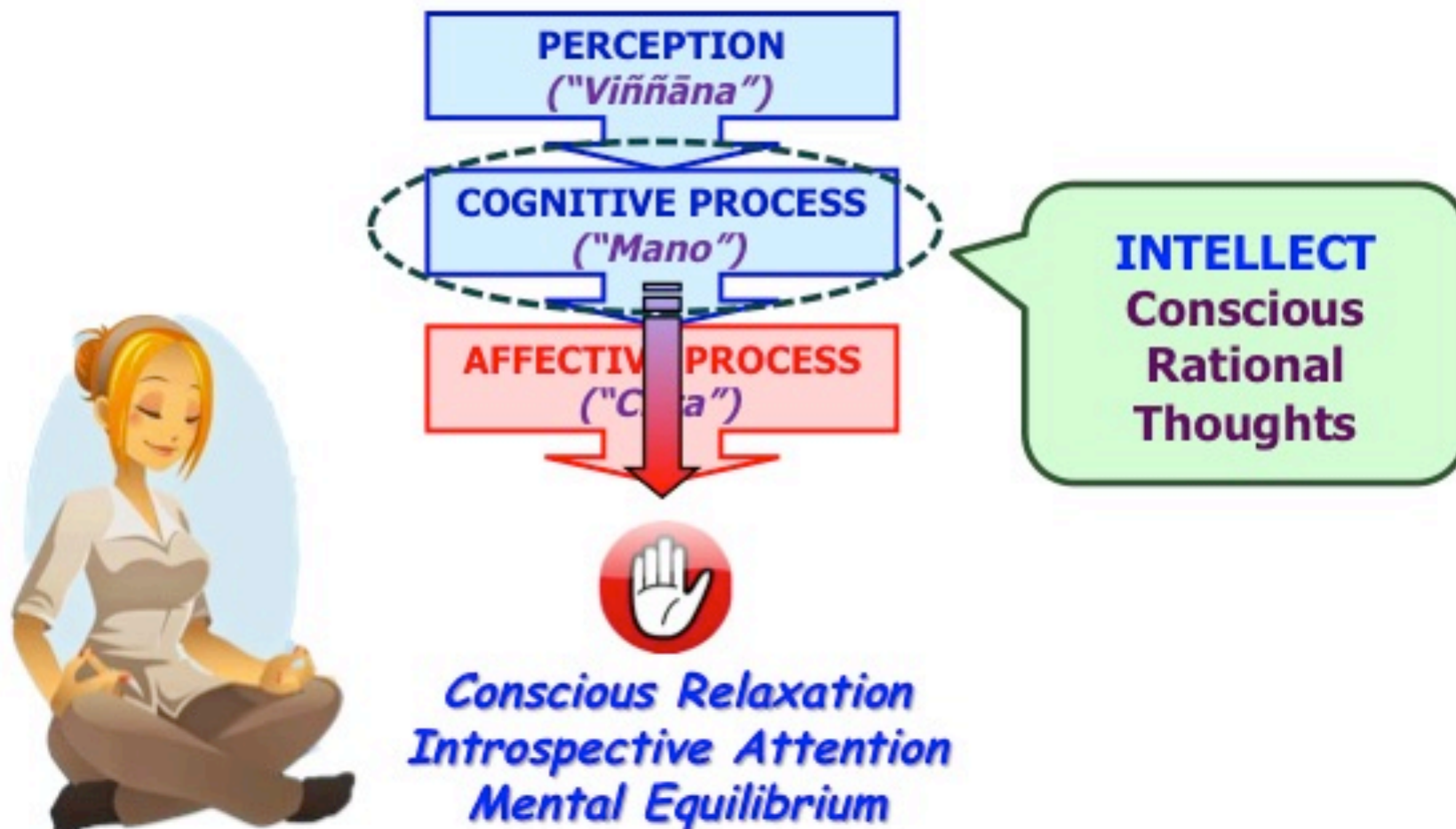




PROCESS OF EXPERIENCE



❖ Experience is a Chain-Reaction:





CONSCIOUS RELAXATION



1. RELAX THE BODY: *Conscious Relaxation*

- Bio-chemical activities gradually subside;
- Tension in the body eases;
- Mind no longer disturbed by tension in the body.

A relaxed body is a necessary condition for a calm mind!

2. CALM THE MIND: *Introspective Attention*

- Relaxed body suggests absence of threats;
- Conscious focused introspective attention;
- No mental proliferation – the mind calms down;
- Stilling all emotional arousal & excitement ("*citta*").



SUBLIME EIGHTFOLD WAY



Harmonious Perspective

"Right View"
(Sammā Diṭṭhi)

Harmonious Equilibrium

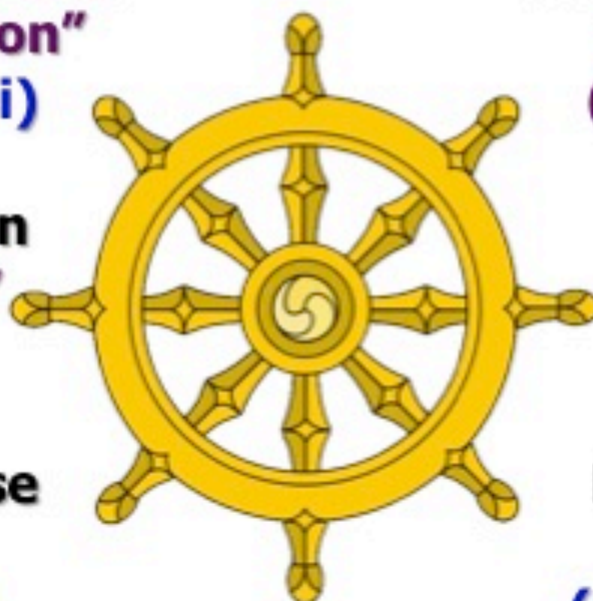
"Right Concentration"
(Sammā Samādhi)

Harmonious Orientation

"Right Intentions"
(Sammā Sankappa)

Harmonious Attention

"Right Mindfulness"
(Sammā Sati)



Harmonious Speech

"Right Speech"
(Sammā Vācā)

Harmonious Exercise

"Right Effort"
(Sammā Vāyāma)

Harmonious Action

"Right Action"
(Sammā Kammanta)

Harmonious Lifestyle

"Right Livelihood"
(Sammā Ājīva)



Harmonious Exercise (Right Effort) (*Sammā-vāyāma*)



FOUR HARMONIOUS STEPS

(*Cattāri Sammā Padhāna*):

- I. PREVENTION** (*samvara*) – prevent arising of unarisen unwholesome states;
- II. ELIMINATION** (*pahāna*) – abandon unwholesome states that have already arisen;
- III. CULTIVATION** (*bhāvanā*) – cultivate wholesome states that have not yet arisen;
- IV. MAINTENANCE** (*anurakkhana*) – maintain and perfect wholesome states that have already arisen.